

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Investigating of the Effect of Motor Correction Exercises on the Severity of Pain and Disability in Patients with Chronic Low Back Pain

Protocol summary

Study aim

The purpose of this study was to determine the effect of motor correction exercises using the mirror therapeutic approach on the severity of pain and disability in patients with chronic low back pain.

Design

A clinical trial with a control group, one blind, randomized, with a sample size of 72 people

Settings and conduct

After obtaining written consent, the patients referred to the medical centers of Ahvaz Jundishapur University were selected based on entry criteria and randomly assigned to two therapeutic group (36 patients) and control (36) randomly selected blocks. To be All patients were unaware of which part of their treatment was intended for this study, and there was no relationship between the two groups. All patients undergo a routine clinical rehabilitation program. During the same period of 10 weeks, the analgesic group after routine physiotherapy is undergoing therapy in a quiet and silent environment for 30 minutes. All exercises are performed by a researcher and a researcher (female) 3 sessions Weekly for 10 weeks.

Participants/Inclusion and exclusion criteria

The criteria for entering the study include chronic non-specific chronic low back pain, age range 18 to 65, and the ability to exercise. Non-inclusion criteria include having weakness in exercise, smoking and alcohol consumption, and lack of satisfaction to enter the study.

Intervention groups

in front of the mirror for control group : 1. Spinal stabilizer exercise sitting on the ball 2. Spinal stabilizer exercise sitting without balls 3. Standing spinal stabilizer training The control group also deals only with routine physical therapy exercises.

Main outcome variables

reduce Severity of pain : Severity of disability

General information

Reason for update

Acronym

آینه درمانی

IRCT registration information

IRCT registration number: **IRCT20160726029086N4**

Registration date: **2019-07-10, 1398/04/19**

Registration timing: **registered_while_recruiting**

Last update: **2019-07-10, 1398/04/19**

Update count: **0**

Registration date

2019-07-10, 1398/04/19

Registrant information

Name

Nasrin Elahi

Name of organization / entity

Ahvaz Jundishapur University Of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 61 3373 8071

Email address

elahi-n@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-04-04, 1398/01/15

Expected recruitment end date

2019-08-09, 1398/05/18

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating of the Effect of Motor Correction Exercises on the Severity of Pain and Disability in Patients with Chronic Low Back Pain

Public title

The Effect of Motor Correction Exercises on the Severity of Pain and Disability in Patients with Back Pain

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Non-specific chronic low back pain confirmed by the physician Age range 18 to 65 years Ability to do sports movements

Exclusion criteria:

weakness in exercise smoking alcohol consumption lack of satisfaction to enter the study

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

1-2

Groups that have been masked

- Participant

Sample size

Target sample size: **72**

Randomization (investigator's opinion)

Not randomized

Randomization description**Blinding (investigator's opinion)**

Single blinded

Blinding description

Blindness in this study included participants. So, after randomization of the patients into the test and control group, none of them will know which of the two control or test groups belong.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Ahvaz Jundishapur University of Medical Sciences

Street address

Sepah Pasdaran Street, Razi Physical Therapy Clinic, Dehdasht

City

Ahvaz

Province

Khouzestan

Postal code

7513574463

Approval date

2019-01-12, 1397/10/22

Ethics committee reference number

9728-NCRCCD

2**Ethics committee****Name of ethics committee**

Ethics Committee of Ahwaz University of Medical Sciences

Street address

Ahvaz -shahre daneshgahi faculty of nursing and midwifery

City

Ahvz

Province

Khouzestan

Postal code

6135715794

Approval date

2018-11-21, 1397/08/30

Ethics committee reference number

9728-NCRCCD

Health conditions studied**1****Description of health condition studied**

Chronic back pain

ICD-10 code

M54.9

ICD-10 code description

Dorsalgia, unspecified

Primary outcomes**1****Description**

Pain severity score in chronic pain questionnaire

Timepoint

before and after intervention

Method of measurement

Chronic pain questionnaire

2**Description**

indicated of severity of disability

Timepoint

before and after intervention

Method of measurement

questionnaire of ossuria

Secondary outcomes

empty

Intervention groups

1

Description

Test group: In this study, the test group carries 3 sessions of routine physiotherapy for 10 weeks and each week. The test group follows the routine physiotherapy, in the front of the desired workout mirror, which includes the spinal stabilization training on the ball, the stabilization of the spine without a ball and the stabilization of the spine, by the researcher (Physiotherapist has seen the necessary training).

Category

Rehabilitation

2

Description

Control group: Routine physiotherapy exercises for 10 weeks and 3 sessions per week.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Medical centers affiliated to Jundishapur University of Ahvaz

Full name of responsible person

Nasrin Elahi

Street address

Medical centers affiliated to Jundishapur University of Ahvaz

City

Ahvaz

Province

Khouzestan

Postal code

6135715794

Phone

+98 61 3373 8391

Email

nasrinelahi137@gmail.com

Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Mohammad Badvi

Street address

Ground Floor, Vice Chancellor for Research and Technology of Ahvaz University of Medical Sciences, Shahr Daneshghahi

City

Ahvaz

Province

Khouzestan

Postal code

6135715794

Phone

+98 61 3336 2414

Email

itc@ajums.ac.ir

Web page address

<http://vchresearch.ajums.ac.ir/HomePage.aspx?site=vchresearch.ajums.ac&tabid=4937&lang=fa-IR>

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Ahvaz University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Nasrin Elahi

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

sharak daneshgah- nursing and midwifery faculty

City

Ahvaz

Province

Khouzestan

Postal code

6135715794

Phone

+98 61 3373 8391

Fax

Email

elahi-n@jums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Nasrin Elahii

Position

PhD

Latest degree

Ph.D.

Other areas of specialty/work

Midwifery

Street address

Ahvaz shaher daneshgahi , uring and midwiferry faculty

City

Ahvaz

Province

Khouzestan

Postal code

6193673111

Phone

+98 61 3550 5079

Email

Elahi-n@ajums.ac.ir

Web page address

Ph.D.

Other areas of specialty/work

Nursery

Street address

Ahvz , shahre daneshgahi, nursing and midwifery faculty

City

Ahvaz

Province

Khouzestan

Postal code

7513574463

Phone

+98 61 3373 8391

Email

elahi-n@ajums.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Person responsible for updating data

Contact

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Nasrin Elahi

Position

associated professor

Latest degree